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# Gateway

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Volume 90 ■ Issue 10 ■ October 2, 1990

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— KENT WALTON

## An end and a beginning

West German Counsul General Gunter Wasserberg discusses the reunification of Germany

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## A plan to restore funding discussed

By PATRICK RUNGE

The Student Senate made a move to restore funding to student organizations at its Sept. 27 meeting.

To restore funding, the senate created the Student Organization Programming Enhancement Committee (SOPEC) under the Student Programming Organization (SPO).

The purpose of SOPEC, according to the resolution submitted by Chief Administrator Alison Brown-Corson and Student Senate Speaker Mary Reynolds, is to "allocate funds to recognized student organizations at UNO to enhance programming on this campus."

The senate has been unable to fund student organizations since mid-1989 when University of Nebraska Assistant General Counsel John Wiltse said, in response to an inquiry by then-

President/Regent Paula Effle, that University of Nebraska Board of Regents policy prohibited the senate from funding student organizations.

SOPEC will consist of three student senators from the Budget Committee, three members of SPO, and two students-at-large to be approved by the senate.

Under the new board, SOPEC may match the funds an organization raises for an event at a ratio of up to 3-1, up to \$750. Within 30 days of their return, the organization must hold some form of "programming event" to share the benefits gained with the rest of the student body. Funds from SOPEC may not be used for equipment, salaries or food for off-campus events.

Organizations that do not meet the 30-day requirement may have university recognition

suspended for at least one semester and be ineligible for SOPEC funding for two years.

The money for SOPEC will be allocated by the senate from the Fund A portion of student fees. Fund A monies go to SPO, Student Government, and the Gateway. Organizations may only apply for funding from SOPEC once a year.

Reynolds said SOPEC would not be in violation of the regents' policy.

"It wasn't the end result of funding student organizations the regents had problems with," Reynolds said. "It was the process by which we were doing it."

Brown-Corson quoted the regents' policy, stating that student government could only fund organizations "under its direct control."

"SPO is not confined to that policy like Student Government is," Reynolds said.

## News

## Nuggets

### UNO and local information

### 'Just one pledge can make a difference'

The 1990 United Way/CHAD fund raising campaign is in full swing at UNO.

Campaign Co-chairmen Lou Cartier and Alan Hackel are asking all UNO employees and students to giving what they can.

"This year's goal is an ambitious \$57,828, 7 percent more than the record amount of dollars contributed last year," said Cartier, director of University Relations. "We believe that with everyone's help, our goal will be attainable."

Cartier said more than 50 Omaha-area human-service agencies will benefit from this year's United Way/CHAD fund drive.

"Each contribution is an effective, efficient way to help people from all walks of life with all types of needs. Just one pledge can make a difference," he said.

The UNO campaign will run through Oct. 26.

### Oh Lord, what a speaker

A former U.S. ambassador to the People's Republic of China will be the featured speaker at the next Academy, Business and Community (ABC) Breakfast. Ambassador Winston Lord will speak about "What's Going on in China" Oct. 5 at 7:30 a.m. in the Peony Park Ballroom.

Lord served as the U.S. Ambassador to China from 1985 to 1989. He also has served as the president of the Council of Foreign Relations and as member of the Senior National Bipartisan Commission on Central America.

### UNO professor experiences 'dismal' Soviet economy

Even UNO professor Elena Baranov was amazed at the changes in the Soviet Union.

Baranov, a geography professor who has visited the Soviet Union before, recently spent three weeks attending the International Congress of Slavic Specialist. As a member of the U.S. delegation, she delivered a paper, participated in the congress and spent 10 days touring the Moscow, Riga and Latvia areas.

"On the positive side, I saw a great deal of openness, private enterprise, literature for sale and an availability of Western publications in the stores," she said. "I also witnessed a major demonstration in Moscow that was very interesting to observe."

"On the negative side," she continued, "I think the economic situation is dismal. That was something most of us were not prepared for."

Baranov said shelves were empty and the basic goods in Moscow were restricted only to residents of the capitol and the larger cities.

Baranov foresees more economic problem in the Soviet Union and said the Soviet economic system eventually will be forced to change.

"Something that I had not seen before is that almost everyone wants to leave," she said. "It's almost as if they don't see any light at the end of the tunnel."

## Dorms will hurt local realty companies

By KENT WALTON

Dormitories may bring some big changes to UNO, but for some local realty companies, they may bring some big business losses.

"There is no doubt that it would hurt business," according to Rob Stevens, property manager for the Lund Company.

The Lund Company currently manages about 200 living units, either apartments or houses, within the UNO area.

About 50 percent of those units, Stevens said, are rented by college students from UNO, the University of Nebraska Medical Center and Creighton University.

If residence halls are added to UNO, the Lund Company would probably see a significant drop in rentals at first, but the decrease would only be temporary, Stevens said.

"In the short term it would hurt us," he said. "The students may want to move in and try it, but eventually they will probably want to move into a more secluded environment, like an apartment or a house."

Dana Leonard, rental consultant

for Dundee Realty, also said his company would experience some early losses if residence halls were added to UNO.

"I think initially it would have a small impact," Leonard said. "If they go with freshmen and sophomores living in the dorms, everyone initially would be a dormee. But eventually they are going to want to get out."

Approximately 30 percent of Dundee's rentals are from Omaha-area college students, Leonard said. About 12 percent of those rentals are UNO students, which, according to Leonard, is an increase from last semester.

Leonard said the number of college students to whom his company rents, fluctuates each semester, because most students only take out a school-length lease.

Mark Beals, a broker for Beals Realty, agreed that his company would take an initial loss, but also said it would only be temporary.

"The same thing happened in Lincoln. After living in the dorms for awhile everyone will be anxious to get out and get an apartment," Beals said.



- ERIC FRANCIS

Dundee Realty anticipates early losses if UNO erects dorms.

## Frat fight forces Sigma Phi Epsilon out of IFC

By KENT WALTON

Members of the UNO chapter of Sigma Phi Epsilon fraternity have decided that they've had enough.

In a letter written last week to UNO's Interfraternity Council (IFC), Sigma Phi Epsilon President Joe Pilus announced the chapter would resign its membership in IFC.

According to information contained within the letter, Pilus said he felt IFC had become an "ineffective organization." Pilus was unable to be reached for comment Friday.

However, Dave Bartholet, Sigma Phi Epsilon Controller, said a lack of organization within the structure of IFC led to the resignation.

"Basically, since we have been in IFC, it has not been an organization," Bartholet said.

"We just felt that we weren't getting enough out of it for the money that we put in."

Each fraternity is charged a head tax on its members and pledges to pay for IFC expenses, and Bartholet said the money was not being used to support IFC's goals.

According to Matt Arnold, IFC president, the purpose of IFC is to promote unity among the fraternities that make up membership on the council.

Arnold said the council has lacked organi-

zation under past presidents, but any problems have since been resolved.

"I'll admit we have had a hard time promoting Greek unity in the last few years, but all that has changed," Arnold said.

Arnold took office as IFC president following the impeachment of former president, Brian Wheatley.

However, Bartholet said he feels IFC has



- ERIC FRANCIS

The Sigma Phi Epsilon house

changed its role from promoting cohesiveness among the chapters, to becoming the "Rush Police."

Bartholet said he felt other chapters in IFC have recently turned against Sigma Phi Epsilon, and that recent charges brought before the council's disciplinary board, accusing Sigma Phi Epsilon members of violating rush policies, were unjustified.

Sigma Phi Epsilon was accused of violating rules of dry rush. However, the disciplinary board dismissed the charges.

Following the hearings, Bartholet said he contacted Sigma Phi Epsilon's national headquarters to inquire about dropping out of IFC.

"We used to think that we had to be on IFC," Bartholet said. "But according to nationals, we could drop it if we wanted to."

Although they will not be able to compete in IFC sponsored events, Sigma Phi Epsilon will still be allowed to maintain its charter as a UNO fraternity, as long as it doesn't violate campus policy, Bartholet said.

Should the chapter wish to rejoin IFC, the members of the council would have to approve their membership, but Arnold said Sigma Phi Epsilon is welcome to rejoin anytime.

"I do not see a problem with letting them back in," Arnold said. "In fact, I encourage them to come back."



## Alcohol crackdown concerns students

Many college students are concerned that their on-campus social activities may change or be curtailed in part by a new campus willingness to crack down on student drinking.

They also say new drinking-age limits are pushing their social lives out of bars and sponsored campus functions, and into unsupervised private parties.

"There's the broadening propensity for people to go to private residences, where they party hard, long and noisily," said Kevin Scully, police chief in Burlington, Vt., home of the University of Vermont.

"The bars aren't as crowded as they used to be a couple of years ago," observed Marty Freeman, head of Vermont's student association. "And every year, residential-life policies get stricter. The general feeling you get is that they're moving toward a dry campus."

Now, many schools are trying to break up, or at least regulate, the private student parties, too.

"Many collegians think their unspoken

rights as college students are being violated," said Felix Savino, head of the drug and alcohol program at the University of Wisconsin, where police have been busy breaking up private parties this fall.

At the same time, there is "an increased recognition of the devastating effects of alcohol," said Dave Storm, president of the International Association of Campus Law Enforcement Administrators.

Moves to break up a fraternity party ended in tragedy at the University of Arizona, where a campus security police officer was killed on Aug. 24.

The officer's death has led to an invitation-only rule at Arizona fraternity parties.

The following day, Aug. 25, University of New Mexico campus police, trying to control a fraternity street party that got out of hand, arrested 14 students.

In the process, police barricaded the streets of the school's fraternity row, brought in a canine unit and then turned the episode into a

racial issue by first trying to round up students at a predominantly black fraternity.

According to university officials, Campus Police Chief Berry Cox has been put on paid leave and students got stiff new rules on greek parties.

Bowling Green State and the University of Missouri are two other schools that have seen violent incidences on their campuses recently. Because of the prohibitions, students may be drinking less responsibly, according to David Hanson, a sociology teacher at the State University of New York.

"Just telling people not to do something makes them more likely to do it," he said.

In a recent study, Hanson found that when states increased the legal drinking age, the percentage of student-drinking rose dramatically. Also, drinkers living in "dry" counties tend to consume more alcohol than drinkers living in counties which allow liquor sales, the study indicated.

## Any volunteers?

Congress moved closer to creating a "national service" system for students Sept. 13, when the U.S. House of Representatives approved a bill to give colleges \$100 million next year to set up programs promoting student volunteerism.

Campus volunteer programs have already been in motion during the past two years at various colleges. Most recently, Northeast Missouri State University President Russell Warren announced his school would set up a Center for Service Learning to place students in local volunteer service jobs.

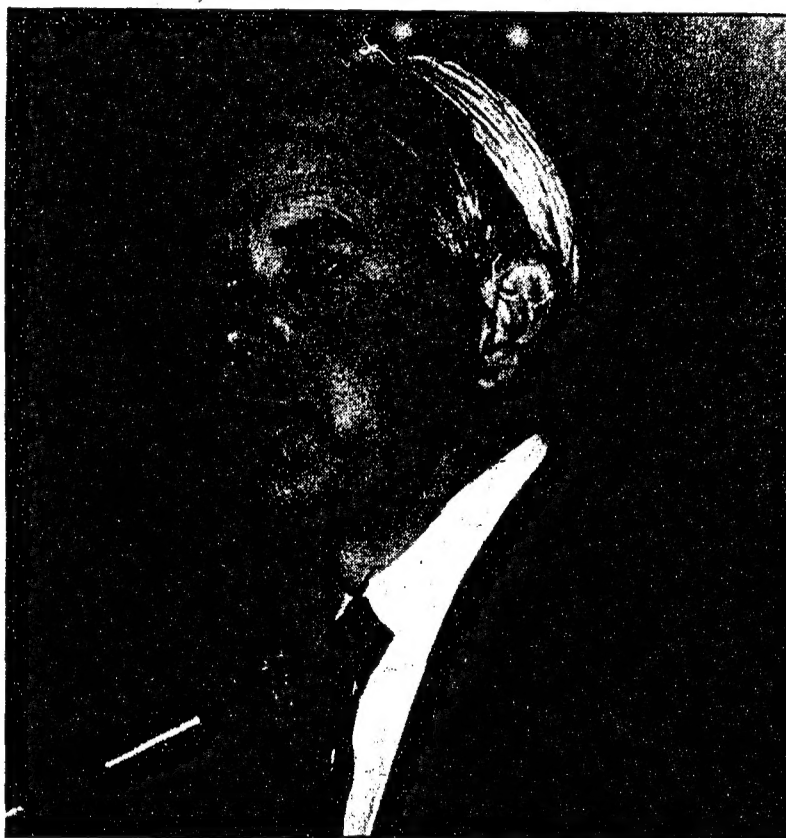
Supporters of the notion, which would have cost \$330 million, hailed it as a way to help their communities while giving students new life experiences.

But critics complained they would make college a place only for the rich, who would not need to volunteer, while lower-income students would have to do extra work to afford higher education. Many lower-income students, they said, simply would not go to college.

"There was a lot of reluctance on the part of higher education officials to support a bill that would make college aid contingent on community service," said Michael Sherraden, an associate social work professor at Washington University in St. Louis.

There is a good chance the bill won't go anywhere because President Bush has threatened to veto it, Sherraden noted.

"The president has a position that opposes compensation for volunteer work," he said, adding "The president has a somewhat elitist view of volunteerism."



Northeast Missouri State University President Russell Warren announced a special center that will place students into local community service jobs.

## Professor fights a killer with laughter

AIDS is a very serious topic, but some colleges are trying to make it funny — in order to better inform students.

For example, Reginald Fennell, a Miami University of Ohio professor, goes to great lengths to make his students think about AIDS.

Fennell sometimes comes to his Health Education for AIDS class decked out in a green dress with a pink hat and shoes. He will call himself Abilene Bertha Stinence, or A.B. Stinence (as in "abstinence") for short.

"Some reports in journal articles say that humor is the better way to go when teaching about AIDS," Fennell said. "I'm certainly not trying to make light of a serious disease like AIDS. I try to do things to make my students think."

Fennell's students once handed out 1,000 coupons for novelty "Kiss of Mint" and "Gold Coin" condoms designed by Joan Scott, a Columbus grandmother who first started decorating the devices to encourage her sons to use them.

And when coming "dressed" to his class isn't enough to get the students' attention, Fennell also has held class contests to see who can get a condom on a banana the fastest.

"It's all to get students to feel more comfortable discussing AIDS," said Fennell, whose class has been full almost every semester since

he started teaching it in January, 1988.

A number of other schools have also tried to demystify the subject by making it humorous.

A gorilla-costumed "King Condom" has toured the University of Texas campus to show students how to put a condom on a banana. The State University of New York at

Albany held a "Sexuality Week" that included a condom dance.

A private company called College Condoms sells condoms that come in school colors at the universities of Southern California, UCLA, Santa Barbara, San Jose and other campuses in Arizona, Florida, Iowa, and Kansas.

## Syphilis on the rise in U.S.

Syphilis has risen to its highest U.S. level since 1949, striking blacks hardest, according to a report released Sept. 18.

College-aged people, who tend to have more sexual partners than older people, could also be at a higher-than-average risk of contracting the venereal disease, the report added.

For women of all races, the incidence of syphilis was highest among the 20-24 age group, according to Dr. Robert Rolfs, of the U.S. Center for Disease Control. Black and Hispanic men in the 20-24 age group had the highest incidence, while the highest incidence for white men was found between 25 and 29 years.

"The dramatic increase in syphilis inci-

dence among homosexual men during the 1970s foreshadowed the beginnings of the AIDS epidemic in the 1980s," Rolfs said.

Although syphilis itself often is treatable with antibiotics, its recent spread is likely to be an important indicator of changes in sexual behavior which, in turn, would help spread the virus that causes AIDS, the report indicated.

Rolfs and an associate, Dr. Allyn Nakashima, found that, after decreasing in the early 1980s, the overall syphilis rate increased 61 percent between 1985 and 1989. The incidence is disproportionately high among blacks in the South and the District of Columbia, they said.

## College Clips

from College Press Service

### Some jeer, some cheer

David Duke, former Ku Klux Klan leader and Louisiana's Republican U.S. Senate candidate, drew cheers and jeers when he spoke to about 450 Louisiana State University students recently.

Duke told the students he favors dismantling affirmative action programs and making poor people agree to abstain from sex before allowing them welfare benefits.

Duke drew a more receptive audience at an earlier rally at the University of Southeastern Louisiana, where a follower unsuccessfully attempted to start a White Student Union last spring.

### New Mexico cartoon called 'garbage'

A University of New Mexico student newspaper cartoon portraying police was a "bunch of garbage," and the editors should be "more responsible" about what they print, said Detective John McDonald of the Albuquerque Police Officers Association.

McDonald said his association's members were upset by an Aug. 13 cartoon by student James Martinez, which portrayed the police as "the few, the proud, the trigger happy."

"People take themselves way too seriously," Martinez replied.

### Lots of pot, no pans

University of Illinois police say they recently found enough marijuana in the attic of the Acacia fraternity house to fill four garbage bags.

Workers for the university, who bought the house after alumni donations fell short of what was necessary to pay off outstanding loans, first discovered the marijuana, Aug. 31, in an unfinished area of the attic. Another stash was found on Sept. 5, bringing the total to 15 pounds.

Acacia chapter President Rick Kenyon denied any knowledge of the pot.

"I didn't even know the area the police were talking about existed," he said.

### Students urged to oppose Souter

The United States Student Association has urged students to oppose the nomination of Judge David Souter to the U.S. Supreme Court.

The organization claims Souter has shown a "lack of respect for basic constitutional protections, including the rights of rape victims, reproductive freedom and civil rights."

"Souter has written legal opinions that show a complete insensitivity toward women," said Tajel Shah, vice-president of the group.



## Caught in the crossfire

From where we sit, it's not a pretty sight. Tempers flare on both sides of the abortion fence. Pro-lifers say they are outraged by the "murdering of pre-born babies," and pro-choicers say they are "defending women's reproductive rights."

After the *Gateway*'s most recent coverage of the abortion issue on the Aug. 31 opinion page, we were bombarded by mail from every corner.

In that issue two opposing sides of the abortion issue were discussed. One opinion was written by a pro-life woman who had a baby at age 20 and gave it up for adoption. The other opinion was written by a pro-choice

### Staff editorial

#### Our view

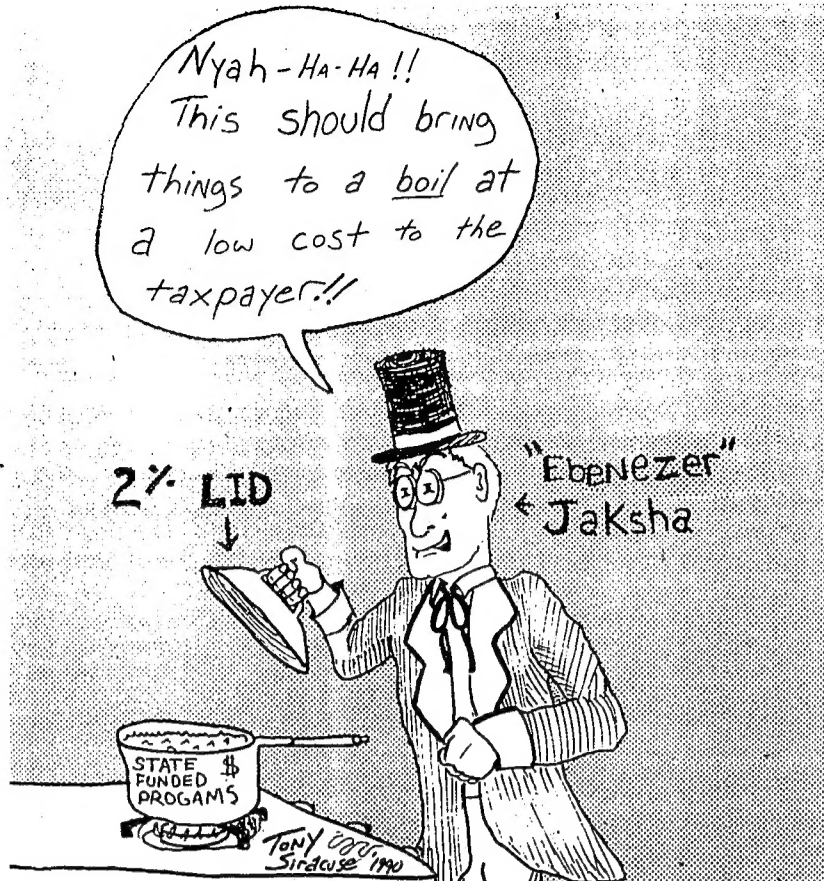
woman who had an abortion at age 16 and a baby at age 26.

In a letter from the UNO Students for Life (page 7 of this issue), it was suggested that, "If the *Gateway* accepts ads that belittle the tragedy of abortion, the newspaper should then be prepared to report and discuss the issue."

The UNO Students for Life group objects to the Women's Medical Center and Planned Parenthood advertising in the *Gateway*.

While we respect the concerns of this group, we must reiterate that opinions — or political views — of our advertisers neither reflect nor oppose the opinions of the newspaper. To be frank, our staff — like the rest of the country — is divided on the abortion issue. Therefore, the *Gateway* refuses to endorse either side.

In addition to self-proclaimed pro-choice advertisers, the *Gateway* also runs ads from self-proclaimed pro-life advertisers, like the Emergency Pregnancy Service.



As for "reporting and discussing the issue," we have done our fair share of this too.

In the Nov. 14, 1989 issue, the *Gateway* devoted two full pages to the pro-choice rally in Lincoln Nov. 12. This article won second place in statewide competition, and the pro-life reporter was hailed by the Nebraska Press Association for treating "a hot subject with very cool objectivity."

Balancing the scales, the *Gateway* devoted two full pages to the Jan. 28 pro-life rally in Lincoln — with an added twist.

The Jan. 30 article was authored by two reporters from opposite sides of the abortion fence — in an effort to once again insure objectivity.

In the Jan. 30 staff editorial, the *Gateway* informed its readers that although the abortion issue could not be overlooked, this newspaper would best serve its audience by objectively covering the news — not adding fuel to the already-raging fire.

The current *Gateway* staff stands behind this promise.

## 'Bras don't get the credit they deserve'

I know what you're thinking.

I must be insane to feel something more than revulsion for contraptions that hold us in, pucker us up and leave painful engravings on the underside of our bosoms upon removal.

But I like the little suckers.

Bras don't get the credit they deserve. I can think of many things I like better, but they're not as bad as you may think. They do a lot for us and get little, if any, thanks.

There's something comforting about brasieres: they keep us perky.

Without them we'd start drooping much sooner. I don't know about you, but the thought of my nipples and belly button seeing eye-to-eye doesn't exactly turn me on.

As I sit plugging away at the computer terminal, working myself into a frazzled stress-wreck, at least I can be assured my boobs are intact.

Plus, they don't jiggle when I walk. Speaking from experience, it gets pretty tiring when you're minding your own business in an innocent, obviously braless top and every man you happen across butts eyes with your bust.

Bras protectively shove their eyes up to yours. After all, if there's nothing fun to gaze at down yonder, there's no alternative but up.

Looking is OK, but I want to decide who

does it. Who needs creepy strangers sneaking peeks when you can save them for the creeps you know?

Some of my friends never wear bras.

"They're too uncomfortable," they whine.

I tell them, "All you have to do is try them on in the store. Trust me, it works. Not every 36B is going to feel right. You probably need several different sizes. Depending on style..."

By this time, they're ignoring me and dragging me off to guzzle beer and talk about boys. But that's OK. I like those things even better than bras.

But some bras are downright beautiful, like the ones at Victoria's Secret boutiques. C'mon, you have to admit you like these.

They're so soft and pretty and lacy. Some have floral prints. Others are solidly colored. Most of them are made of silk or cotton. These things feel positively glorious next to the skin.

And they look good, too.

But maybe you're not wearing pretty ones, maybe you wear uglies.

You know, the ones that looked fine in your freshman year of college and now have holes instead of lace, peeling padding and a long-gone bow in the front?

Get rid of them.

In fact, burn them.

### Keli Anders Columnist

They give bras a bad name.

There are so many different styles: bustiers, halters, strapless, low cups, the standard type... Too many to get bored with.

Or, try pointy steel ones like Madonna wears in the "Vogue" video, and see what kind of reaction you get.

Dare someone to cop a feel, and watch him run scared.

And that brings to mind yet another vital bra goodie: men love lingerie.

Funny thing is, most "machos" are too chicken to cross a store's threshold to buy it. Taking matters into your own capable hands by buying it yourself is guaranteed to make him melt.

You should wear pretty lingerie for yourself first, but it certainly doesn't hurt matters to have the fella in your life wrapped around your pinkie.

### Jennifer Malone Columnist

## Happy birthday

Oh God, not that! It can't be time again! Anyone who has been a parent as long as I have (and I'm not fessing up) has undoubtedly heard this expression shrieked once or twice.

Usually, it comes from the mouth of a normally sane, competent parent upon the realization that a whole year has come and gone.

This, in itself, is no big deal.

But realizing that it is, once again, time to celebrate your child's birthday, causes healthy women to faint, reduces strong men to wimps and makes warm blood run cold.

There's an unwritten code somewhere that says, "In the process of being a loving and dutiful parent, it is often necessary to endure the ultimate in torture — a child's birthday party."

Some parents like to prepare themselves for these events with shots of vitamin B12 from their family doctor — just as a precautionary measure.

Inheriting large sums of money is another excellent way to prepare.

You'll need it when it comes time to dole out for the clown, the magician, the acrobat, the pony, the juggler, the balloon sculptor and the unicyclist — not to mention the food.

To insure a really successful party for the little darlings, let them have a food fight. You might just as well permit it because they will find a way to do it — over your dead body, if need be.

Remember: They have no particular interest in whether you are alive or dead; they are only children.

Some mothers try showing movies or try having the children watch television during the party, hoping to quiet them long enough for the hot dogs to be cooked or the pizza to be ordered.

Unfortunately, this false quieting down only results in even more spontaneous bursts of excitement in the midst of mustard and ketchup.

Now for the Malone solution to said problem: Make it known on the party invitations that high-octane punch will be offered to any parents who happen to show up.

Coincidentally, a good many parents showed up at our children's birthday parties.

The kiddies go off into one room, and the parents go off into another, closing both doors.

Eventually, the spiked punch takes effect, and numbness sets in. Numb parents can endure noise with little pain.

The children have a great, unfettered time — with no scolding or admonitions — and the parents have a good little time, too.

When it's all over, everyone agrees that it has been a delightful party.

Of course, the cake may have been sliced just a tiny bit askew, and the candles may have been set in place just the teeniest bit crooked.

But who cares?

Trust me, no one will even notice that there are 20 candles on a cake for a seven-year-old.

## Gateway

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Letters must be signed using the first and last name or initials and the last name. Letters must include the writer's address and phone number although this information will not be published. Letters to the editor exceeding two typed pages will not be considered for publication.

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## 'Rhythm' research helps speed up healing

By RICH GHALI

If you're interested in learning about biorhythms, spending \$2 at a carnival is not the way to do it.

Biorhythms chart emotional, physical and intellectual human cycles. However, medical experts say this method — not to be confused with biological rhythms — is based on false theories. Biological rhythms, on the other hand, record the body's internal physical patterns, based on a seven-day cycle.

"Biorhythms are to biological rhythms, what astrology is to astronomy," said Lynne Farr, a professor at University of Nebraska Medical Center's College of Nursing.

She added that biorhythms and astrology are based on fantasy, while biological rhythms and astronomy are based on fact.

Farr said there was a time when biorhythms and biological rhythms meant the same thing.

"Back in the early days, the words (biorhythms and biological rhythms) were interchangeable," Farr said. "But unfortunately, someone tried to capitalize on the commer-

cialization of biorhythms. Now biorhythms is a dirty word."

Farr, along with her colleague Catherine Todero, has spent the last 10 years researching the real concept of biological rhythm, thanks to a \$340,000 research grant from the National Center for Nursing Research.

Farr's research is based on the theory that the human body has its own internal rhythmic patterns. The dominant cycle is called the circadian rhythm cycle.

"Circadian rhythms are our body's own internal daily clock," Farr said. "People have thought for years that our seven-day, weekly calendar was an artificial one. We believe it is biological."

he research is aimed at helping patients recover from surgery much sooner than normal. Farr said humans and animals experience a disruption of their 24-hour circadian rhythm cycles after surgery. This condition is brought on by the anesthesia, post-surgery trauma, and "just the fact that they are in the hospital," Farr said.

Research shows that altering the cycles

prior to surgery help patients recover more quickly.

"Our interest was to help the hospital patient by pre-conditioning them before surgery," Farr said, adding that the method for altering a patient's circadian rhythm cycle involves three steps.

First, the patient is given caffeine. Then, the patient's sleep cycle is adjusted. This adjustment speeds up their daily cycle and is done primarily by waking the patient earlier in the morning. Finally, the patient is fed a high-protein meal.

This process speeds up the patient's circadian cycle and compensates for the patient's post-surgery lag.

"Basically, we speed up the system before surgery, and when combined with the (post-surgery) lag, the system evens out," Farr said.

After several years of laboratory research, Farr said she believes that her methods of altering the circadian rhythm cycles soon will be used in surgery — possibly on an outpatient basis.

## Health Hints

compiled by Stacie Hawkes

### Don't have too much fun in the shower

The British say if you are showering more than once a week, you're having too much fun.

Americans have a very low-tolerance level for body odor, and as a consequence, tend to abuse their skin.

Dr. Sharon Braddock, a dermatologist at the University of Nebraska Medical Center, said the greatest mistake we make in skin care is over-drying it.

Braddock explained that skin serves as a natural barrier to bacteria, but cannot protect if it is dry.

Over-drying occurs from bathing too frequently or failing to moisturize.

"If you take more than a 30-second shower, you are drying out your skin," Braddock said, adding, hot water (also) takes the moisture out of skin."

Immediately after showering, apply a moisturizer to wet skin, and allow yourself to air dry. If you need to dry off quickly, pat your skin dry instead of rubbing.

For those who take baths instead of showering, Braddock recommends soaking in the water first, then adding a moisturizer to the bath water.

And deodorant soaps are extremely drying, according to Braddock. She suggested using an unscented soap.

### Curiosity can kill

One out of every 10 Americans has been curious enough to try it. But what they don't know is, even one hit of cocaine can be fatal.

First-time user, basketball star Len Bias traded his life for one deadly rush in 1986, but since then, thousands of Americans have made similar fatal exchanges.

Using cocaine is coupled with the illusion of glamour, energy and excitement, according to the National Institute of Drug Abuse.

"In the past, many people thought of cocaine as a fairly safe, recreational drug," said Jeffrey Baldwin, director of the University of Nebraska Medical Center Drug Abuse Prevention Project.

"However, we have come to learn that cocaine is more dangerous than we thought," Baldwin said.

Cocaine simulates the natural response the human body experiences when it faces a dangerous or exciting situation. This flow of adrenaline prepares the body for that situation by forcing the heart to beat faster and harder.

Because cocaine intensifies a body's normal response to stress, it can kill in several ways. Cocaine can cause:

• Normal, healthy arteries to spasm and form blood clots, eventually leading to a possible heart attack.

• The heart to be over-stressed and beat irregularly.

These cocaine-induced irregularities can cause the heart to stop.

Research links the use of cocaine to sudden, fatal heart attacks in people without prior heart problems.

Baldwin said the effects of cocaine are random and unpredictable. Even a very small dose can be toxic. No cocaine user is safe.

## Relaxation, exercise key in handling stress

By STACIE HAWKES

Get up at 6 a.m. Go to class at 8 a.m. Work at 2 p.m. Study at 10 a.m. — schedules, schedules, schedules. Hectic days mean stress — a feeling understood by many college students. But without a healthy amount of stress, life may be dull.

"A certain amount of stress adds challenge and opportunity to life," said Susan Smith, manager of the University of Nebraska Medical Center's Faculty/Employee Assistance Program.

Smith said stress results from strain in a person's physical or emotional life and is unique to each person.

Some people may be capable of handling more stress than others, and what may seem particularly stressful for one person could be relaxing for another.

"A person who is always on the go may find a day doing nothing completely stressful," she said.

Learning the right way to relax, according to Smith, is the key to dealing with stress.

"Too often people try to relax at the same pace they function at daily," Smith said. "This doesn't work."

Physical exercise, Smith said, often relieves stress. With the body and the mind working together, stress can be released through physical activities.

Although physical stress — from work or exercise — isn't likely to cause stress-related illnesses, excessive emotional stress can lead to physical problems. High blood pressure, heart disease and ulcers can be attributed to extreme mental stress.

As one alternative, Smith recommended sharing your stress with someone. Talking to family or friends can help relieve some stress by allowing you to look at problems in a different light.

If stress persists, Smith advised seeking professional guidance. Knowing when to ask for help could prevent serious problems in the future, she added.

"People need to find activities that are good for their mental and physical well-beings," she said.

Although some over-the-counter drugs temporarily relieve stress, Smith said they may relieve the symptoms, but not the cause of the stress. She also cautioned that those under extreme amounts of stress should consult a doctor before taking any medication.

Knowing how to handle and prevent stress, Smith said, is a wiser and healthier method.



### Four ways to relieve stress

- **Try physical activity**  
Exercise can relieve stress and relax the body.
- **Take care of yourself**  
Too little sleep or a poor diet makes you less able to deal with stressful situation.
- **Cry**  
A good cry can be a healthy way to relieve anxiety.
- **Create a quiet scene**  
Change the scenery around you by reading a book or listening to music.





# Reuniting Germany

The world's newest nation faces economic challenges

By KENT WALTON

A tale of two countries will draw to a close Wednesday when Germany becomes a unified country for the first time since 1947.

However, West German Consul General Gunter Wasserberg said he does not predict a fairy-tale ending to the Cold War saga.

"Is it really a happy ending?" Wasserberg asked the Rotary Club of West Omaha at its meeting last Friday.

"No, it isn't. It is a hard beginning," he said.

Wasserberg said the proclamation declaring German unification is only the first step on the long road to rebuilding the East German economy.

"It will take a lot of money and a lot of energy to build up what they (East Germany's

communist government) destroyed, both economically and politically."

Although Germany will become a single nation on the map, the people will remain divided economically, Wasserberg said.

"How long will East Germans tolerate lower income rates and a lower standard of living than the West Germans?"

Currently, there are more than two million unemployed East Germans, Wasserberg said. Although there are many job opportunities for East Germans in West Germany, most East Germans cannot afford to live there, he said.

Wasserberg said it is important for East Germans to avoid comparing themselves to citizens from the West.

"We can not compare our situation of today with theirs," he said. "We have to compare our situation to where we were 10 years ago."

Rebuilding East Germany's devastated economy will take the greater part of a decade, Wasserberg said, urging foreign powers to invest in Germany's future.

"It is going to be difficult to convince investors to invest in East Germany," he said. "But I encourage you to give us your interest and attention. But most of all, give us your economic development in Eastern Europe."

Despite the collapse of the European communist regimes, the Soviet Union continues to dominate the economies of Eastern European countries, Wasserberg said.

An American economic presence in former Soviet Bloc countries is more important now than ever, according to Wasserberg.

"The Soviet Union is still a European power. We need the United States to serve as a counterbalance to that power."

In spite of the disputes, which occurred between the United States' government and the East German leaders during the Cold War, Wasserberg said East German people have always considered Americans their friends.

"We used to be your best ally, and we will be again in the future," he said. "In 1945 there was a friendship between the people of Germany and the citizens of the United States that we will never forget."

Wasserberg said the East German people are grateful for the United States' effort in the Berlin airlift of 1947, as well as their influence in bringing about German reunification.

"The greatest contribution and the greatest effort came from the United States. We thank your government and people for winning the Cold War for us."

However, Wasserberg said tensions between the Soviet Union and the United States would not have eased if it were not for the reforms of Soviet President Mikhail Gorbachev.

"Gorbachev is a leader of a group of realistic politicians in Moscow who realized they could not continue to spend their money twice: once on arms and once on food."

"If they would have had (former Soviet Leader Leonid) Brezhnev, or any of the old leadership still in power," he said, "they would have gone on for at least 10 more years that way."

Because of their sense of timing and their patience, Wasserberg said the citizens of East Germany are the real heroes of the Cold War.

"They waited long enough to make a revolution," he said. "If they would have tried it one month earlier, it would have led to a massacre."

Wasserberg said East Germans waited to see the results of revolutions in Poland and Czechoslovakia before seeking their own freedom.

"They were very cautious about the revolution," he said. "First they asked for freedom and prosperity, then they sat and waited for the green light from Moscow."

"They did it smoothly in the beginning, and when they felt it was safe, they sped up the process."

Although communism disappeared from Eastern Europe in a matter of months, Wasserberg said, some countries in the West were reluctant to support German reunification.

Most of the hesitant European governments were afraid that a scenario similar to World War II may occur again, he said.

However, by joining NATO, Germany's government will be required to limit its military strength, Wasserberg added.

With the proclamation of German unity Wednesday, the process will become complete, and a divided Germany will be part of history.

Divided or united, Wasserberg said, Germany has always influenced the world with its actions.

"German history never belonged to Germany. It was always part of world history."

"Is it really a happy ending? No, it isn't. It is a hard beginning."

— Gunter Wasserberg



West German Consul General  
Gunter Wasserberg

— KENT WALTON



# letters to the editor

## Quality of abortion counseling questioned

We question the sort of "options counseling" that can be offered by your regular advertiser, The Women's Medical Center of Nebraska, one of the state's largest abortion providers. We do not feel unbiased counseling can be given by those in the business of selling abortions for profit.

The ad appears to suggest services can be paid for by credit card, further trivializing the tragedy of abortion.

Even if murdering preborn babies can be accomplished with "sensitivity," no twist of language can alter the fact that the womb is a dangerous place to reside.

The majority of patients entering the 49th and L street facility are not going there for pap smears, flu shots or other routine health care. The designation of "Medical Center" is a misnomer as the building should be more appropriately labeled an "abortion chamber."

We would also like to respectfully inform the student body that another Gateway advertiser, Planned Parenthood, is the world's largest abortion provider. Therefore, we also question the quality of counseling offered by this organization.

Abortion is the most unregulated surgical procedure today and is responsible for thousands of serious physical and emotional consequences. The Women's Medical Center has recently been the scene for over 100 arrests. If the Gateway accepts ads that belittle the tragedy of abortion, the newspaper should then be prepared to report and discuss the issue.

UNO Students For Life.

## 'Whine, whine, whine'

My heart bleeds for ya'll. That's right, all of you. You big wimps!

First you jump all over Nebraskans because we can't drive (Gateway, Sept. 11), and now you don't like the fact that we hate vegetarians (Gateway, Sept. 25).

Whine, whine, whine!

I really find your apathetic attitude toward cows disturbing. I mean I eat 'em, but at the same time they have a special place in my heart.

Why, when I was a young whippersnapper, livin' on my grandpappy's farm, I raised me up a calf for the local 4-H club in Hooper, Neb. Her name was Bessie and I loved her. She won me a purple ribbon at the state fair.

The day after the fair, Grandpappy slaughtered 'ol Bessie.

She was the best damn steak I ever had. You don't hear me whining.

Henry Quinn, Omaha

## 'Let's hear something of substance'

Disgust, disgust, disgust with the two candidates running for governor of Nebraska. Not only is the junk bond issue of little value, so is all the rhetoric we have heard so far coming from the political ads. Let's hear something of substance.

The health care issue in the whole nation is catastrophic. Now we hear a debate on whether the state of Nebraska should continue furnishing insurance that pays 100 percent of almost all health care for its employees.

Thirty-seven million Americans are without health insurance, many in Nebraska. Gov. Kay Orr vetoed Legislative Bill 187, the Indi-

gent Health bill, during the last Legislative session.

This escalation of costs is not only affecting the state and the poor, it is affecting all citizens and the work place. It is one of the most worrisome areas for business in America. The average cost of company-provided medical plans rose to \$2,600 per employee last year - up from \$2,160 in 1988. This represents a 20.4 percent increase in one year. These higher costs cause loss of income for the worker. Many companies are requiring employees to pay a larger percentage of insurance coverage.

My husband and I have been devastated by the crunch. Our health insurance increased in March to \$974 per month. Every three months it has been escalating until it was necessary to cancel the coverage and seek more reasonable insurance with less coverage.

The astronomical cost that we have incurred in the last four months for medical expenses will cost us at least \$6,000, plus our health insurance premiums are now \$450 per month.

So...I ask the two candidates running for governor, what are you going to do about this terrible problem that faces all of America? Who will take a leadership role? Will Gov. Orr come forward and take a leadership role in deciding if state employees keep first dollar coverage health insurance? Will Orr consider that some of us have to pay all the costs of our insurance and then pay taxes to cover insurance for state employees that is far superior to ours?

Why not answer this question during one of the debates? Let the reporters questioning the candidates see how each candidate responds. Who will take the leadership role so Nebraskans

can all have adequate health care that is affordable or free like the privileged state

employees?

I challenge each candidate to have an answer to this very important question.

Dolores Schiebinger, Omaha

## Senate proponents cannot 'trot out the Child Care Center every time they wish to defend it'

Mr. Hays (Gateway, Sept. 25) should stick to commenting on things he knows about. He did not hear the speech I gave the Student Senate Sept. 13. He does not know the tone or intent of that speech. Proponents of the way the senate acted cannot trot out the Child Care Center everytime they wish to defend it. Each senate should accomplish something of its own.

I am sure it is comforting to Hays' friends, Senate Speaker Mary Reynolds and Chief Administrative Officer Alison Brown-Corson, that he has no reason to question their integrity.

I did not say that the only purpose for Student Government is to rock the boat and I did not say that the senate has to butt heads with the administration all the time.

What I said was we have a commitment to the students to represent their view to the administration, even if that means disagreeing.

Mike McLauren, student senator

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Work Experience:  
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May 1989 to present  
• Share product knowledge with customers  
• Develop contracts and figure payments

Counselor/Coach, UNL Volleyball Camps, Lincoln, NE;  
Summer 1984 - 1986  
• Instructed fundamental volleyball skills  
• Presented motivational speeches

Achievements:  
• Student Athlete, Nebraska Volleyball  
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# HOMECOMING 1990 EVENTS

## UNO Maverick Days

*"Can't Touch This"*

Mon. OCT. 8

**Mike Saccone**  
comedian, Star Search winner  
11am-1pm; MBSC Ballroom

Tues. OCT. 9

**Lip Sync Contest**  
11am-1pm; MBSC Ballroom  
(Prizes from Homer's)

Wed. OCT. 10

**Mike Rayburn**  
Coffeehouse Guitarist, Singer  
11am-1pm; MBSC Ballroom  
(Rising Star Productions)

Thurs. OCT. 11

**Dating Game**  
11am-1pm

Fri. OCT. 12

**ZURICH**  
Rock Band-as seen on VH-1  
10:45am-1:15pm; MBSC Ballroom

**Pep Rally** featuring the UNO Maverick  
cheerleaders  
11:45am; MBSC

Sat. OCT. 13

**Mini Float Contest**  
12 noon; MBSC

**SPO TAILGATE PARTY**  
5pm-7pm; MBSC Mall  
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**UNO vs. North Dakota**  
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## 'Inconsistent' Mavericks lose 21-7

By DAVE DUFÉK

After a 2-3 start, the key to salvaging UNO's football season is finding some consistency on offense, head coach Tom Mueller said Sunday.

Unfortunately for the Mavericks, that consistency didn't come Saturday, resulting in a 21-7 loss to Augustana College in Sioux Falls, S.D.

"At times, we do things well," Mueller said. "But we're just not very consistent right now."

Mueller said UNO will make some major offensive changes for next Saturday's contest against St. Cloud State. He declined to comment on the changes.

UNO fell behind early in the first quarter, once again plagued by turnovers.

On a third-and-four situation, junior quarterback Paul Cech's pass was intercepted and returned 45 yards for a Viking touchdown. With 6:22 remaining in the first quarter, Augustana led UNO 7-0.

Cech threw six interceptions in UNO's 15-7 loss to Morningside last week.

But the Mavericks responded with a 55-yard drive, capped by a 1-yard touchdown run by senior I-back LaRon Henderson. The extra point by freshman kicker Antonio Marino tied the score at 7-7 after one quarter of play.

But the Vikings took over in the second quarter and never looked back.

Augustana's Chris San Agustin carried the ball for a 1-yard touchdown in the second quarter and also caught a touchdown pass in the third quarter to ice the Viking victory.

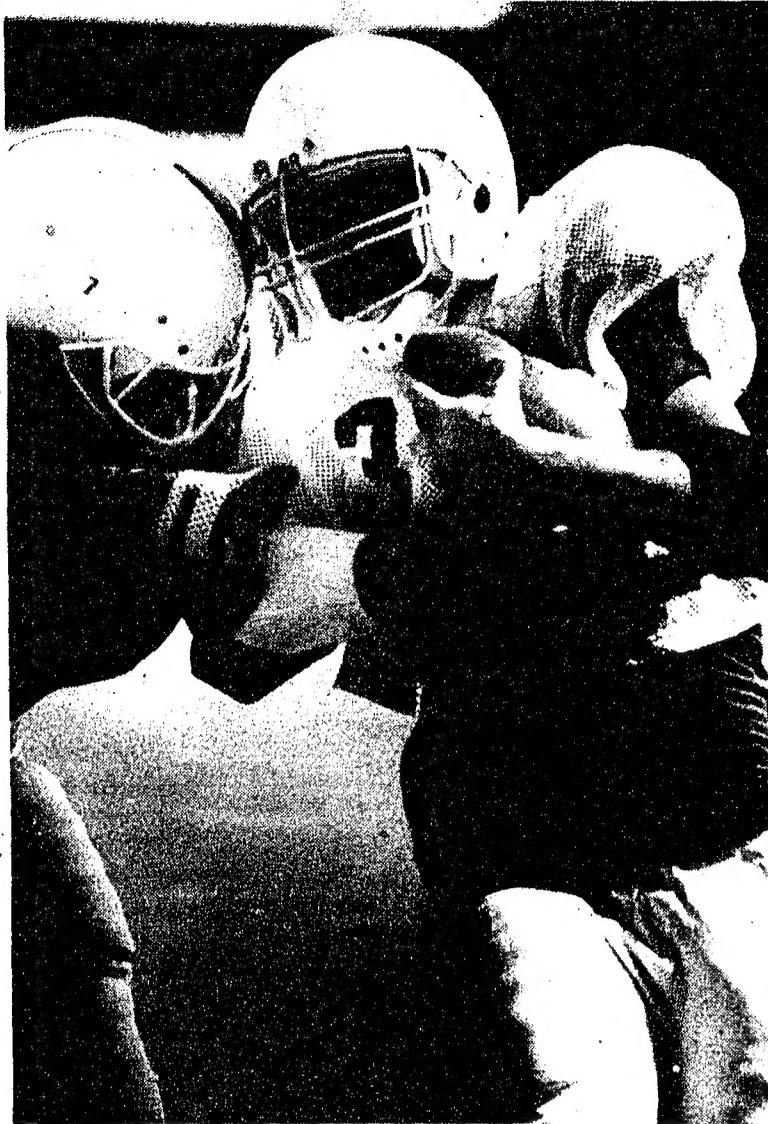
The Mavericks fell to 2-3 overall and 1-2 in the North Central Conference (NCC). Augustana improved to 3-1 overall and 3-0 in the NCC.

UNO's Henderson was the game's leading rusher, finishing with 60 yards. Deon Martin ran for 33 yards and Roy Napora added 24 for the Mavs.

Paul Cech was 7-for-17 passing with 95 yards and two interceptions. Second-string quarterback Jim Burzinski completed two of six passes for 56 yards and one interception.

Junior tight end Scott Buresh led receivers with one reception for 41 yards. Henderson followed with 31 yards and junior wide receiver Chris Crutchfield had 11 yards in receptions.

On the defensive side, UNO's senior linebacker Kirk Coleman recorded 15 tackles to lead the Mavs. Junior Larry Sibley, also a linebacker, followed with 13 tackles and one quarterback sack. Senior tackle Rich Lutter had the Mavs' other quarterback sack. Sophomore defensive back Kerry Neumann added a blocked field goal for the Mavericks.



— ERIC FRANCIS

### Start them young

These possible future Mavericks played football at UNO's Al Caniglia Field Sunday

## Runners faced tough competition at meet

By JEFF GULZOW

The UNO cross country team ran into some tough customers this weekend.

The Lady Mavs traveled to Brookings, S.D., Saturday to compete in the South Dakota State Invitational — UNO's first major North Central Conference (NCC) test this year.

According to UNO head coach Tim Hendricks, the Lady Mavs faced some of the toughest competition in Division II.

"This meet was a good learning experience for our freshmen because they learned how tough the NCC really is," he said.

Tough or not, Hendricks said the Lady Mavs performed well.

Barb Keefover led UNO runners, by placing 22nd out of 99 runners with a time of 18 minutes, 51 seconds. She was followed by junior Jean Sillik, who placed 25th individually at 19:11.

Hendricks said the meet's unusual format, with no team scores recorded, may have helped the Lady Mav runners.

"Overall, it was a good meet where the kids just wanted to get out and run," Hendricks said. "They didn't need to worry about a team score, so that helped a little."

"Some of the girls ran right where I expected them to," Hendricks continued. "Jean Sillik was our best runner this week — she finished 40 seconds better than her previous best. Barb finished about where we expected and so did Janine."

Even with no finishers in the top 20,

Hendricks believes the Lady Mavs performed well.

Once again, Keefover led that performance, Hendricks said.

"Last year she missed going to the National Championship by only one spot. It's her goal this year to get there. I would also like to think that Janine has an outside chance," the coach said.

The Lady Mavs travel to Minnesota to

compete in the Wayne State Invitational on Friday. Several NCC teams also will compete. And Hendricks feels the Lady Mavs will continue to improve.

"The girls are used to running against 12 or 13 other schools, but Friday they will be running against 26. It helps the girls run better because it's a larger pack, and they will be more motivated," he said.

## Lady Mavs 0-2 in North Dakota

By DAVE DUFÉK

Chances are the UNO volleyball team will not vacation in North Dakota anytime soon.

The Lady Mavericks fell to 7-9 overall, 0-3 in the North Central Conference (NCC), after dropping two games in North Dakota Wednesday and Thursday.

On Wednesday, the Lady Mavs lost to North Dakota 15-12, 15-10, 15-8. However, head coach Rose Shires said she was pleased with UNO's effort against a powerful foe.

"I felt we played very well," Shires said. "I feel North Dakota is definitely the best team in the conference — to the surprise of a lot of people."

The Lady Mavs came closer to defeating North Dakota State the next day, but let the game slip away.

UNO won the first two sets against North Dakota State 15-0 and 15-8 but lost the final

three sets, and the match, 15-17, 8-15, 2-15.

"We should've had them (North Dakota State)," Shires said. "We had them 11-5 in the third set — we should've put them away."

"It's just something that happened. We started playing more cautiously — we weren't as aggressive as we were to start the match."

Saturday, the Lady Mavs will travel to the University of Iowa to play in the Iowa Carousel Classic. Saturday's opponents include the University of Iowa and Indiana State. Sunday, the Lady Mavs will play St. Francis College of Illinois.

Shires is confident of the team's chances against Division I opponents.

"Iowa State has beaten Iowa and we have beaten Iowa State," she said. "They're not a total surprise. We should come out on top if we play a good game."

"Indiana State, however, is a mystery to me."

## Jock Journal

by Dave Dufek

## Bringing new meaning to contact sports

Old habits die hard.

As much as professional athletes like to believe they live in the real world, those of us who live, breathe and eat reality know better.

These athletes get paid to do what they've been doing since they were seven years old — play games and whine when they don't get their way.

In fact, most pro athletes wouldn't make it two weeks at a real job because their habits would interfere with their job performance.

Just imagine — a conference room filled with ex-athletes, in one of New York's most influential advertising agencies:

"... and I'd like to congratulate Bob on opening a new, \$1 million account for us. In fact, he has done so well in his first two years here, I think we owe him a promotion and a hearty pat on the butt." (PAT, PAT, PAT.)

What are they doing out there? Can't they shake hands? When I was younger, my parents patted me on the butt. They called it spanking. I was patted on the butt because I had done something wrong, and pro athletes get spanked for scoring a touchdown. I'm confused.

You never see this in international sports.

"Greg Louganis has just won another gold medal for the U.S. in diving. His coach is presenting the medal to Greg and patting him on his soggy butt."

And then there's spitting.

Now here's a real family-oriented thing to do. My glands produce less saliva in a month than professional baseball players spew in a game.

But spitting has little-known side effects. First of all, the chewing tobacco can give you cancer of the mouth. Secondly, everyone knows spitting causes jock itch.

Which brings us to an unwritten rule of baseball. Whenever a player reaches a new base, he must reach down and give himself an industrial strength scratch. I'm not talking a little scratch to relieve an itch. I'm talking about a SCRAAAAAAATCH as if you wanted to claw your way through to the other side and give yourself a pat on the butt.

And companies have the gall to try and use these guys to sell their products:

"Hi, I'm Joe Montana. I've led the San Francisco 49'ers to the world championship and held out for more money than I'm worth in my BVDs."

They tell me that if I would only eat my Wheaties, I could be just like these athletes. Sorry, but I don't want to have my butt patted. I played football in high school, and not once did I even remotely get the urge to touch another guy's derriere. Does that make me abnormal?

But if some professional athlete would really like to rub his hand over some sweaty lineman's butt, well... more power to him. Just PLEASE don't make me watch.





UNO's Pam Largen prepares to put one away.

## Volleyball player balances school and sports

# The 'easy' life of a student-athlete

FIRST IN A TWO-PART SERIES  
ON STUDENT-ATHLETES

By DAREN SCHRAT

College athletes have it easy, right?  
Wrong — according to Pam Largen.

Although athletic stereotypes could make it difficult for athletes to earn respect as serious students, UNO volleyball setter and honor student Largen is one of many college athletes who makes education a top priority.

"This year, all of my studying has been on a bus," Largen said, recalling studying for a test during a seven-hour bus ride home from a game in Fargo, N.D.

"It's frustrating. You can't make it to class, and you have to talk to the instructor to catch notes and to catch up on the things you missed," said Largen, who is a junior majoring in aviation and mathematics.

Largen, who carries a 4.0 grade point average and a full-time class schedule, said she is fortunate that her professors are understanding about her volleyball schedule.

However, she added that some of her teammates have had a more difficult time. "A lot of players had to drop classes because some professors are not as flexible," she said.

Largen said juggling a constant schedule of weeknight games and practices does not allow her the luxury of a fixed study-schedule.

"By the time you get home, shower, and eat, it is 8 p.m.," she

said, adding that she is becoming accustomed to long days.

Even in the off-season, Largen must balance sports and studies. The team practices three days a week, and the players spend the remaining days weight-training and working out.

Although Largen said she's not looking forward to the end of her collegiate career, she conceded that being a student and an athlete hasn't always been easy.

"You feel like your body can't take it anymore," Largen said. "You get frustrated with your performance."

However, both her academic and volleyball careers seem to be on solid ground. Largen said she receives much support from her fellow varsity volleyball team members, who have an average grade point average of 3.3.

"Everybody on the volleyball team is a good student," Largen said.

"This year, all my studying has been on a bus."

— Pam Largen

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Call collect 507-286-7030 for registration information and brochure.

Transition is sponsored by Mayo Medical Center  
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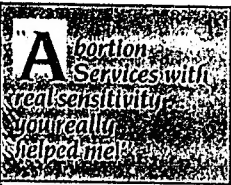


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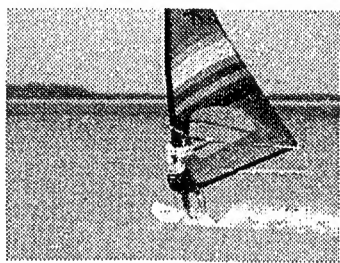
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**Registration deadline:**  
**October 27, 1990.**

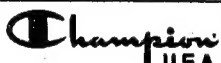
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The AT&T Collegiate Investment Challenge is produced and managed by Wall Street Games, Inc., 40 Grove Street, Wellesley, MA 02181.

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# WRC open to women, men

By Heidi Hess

Students can have their way at the Women's Resource Center (WRC).

"I'm here to do what the students want," WRC Director Gloria Rial said.

This may be a tough order to fill, but after last Tuesday's WRC Open House, Rial and WRC Assistant Director Toni Tessaro said they are determined to listen to students to "make this center truly their center."

Student input is very important at the center, Rial said. She encouraged people to make suggestions.

"We need to know what's needed out there," Rial said.

Although the WRC offers support to women, Rial stressed that the center is primarily for the students' use. She said the center wants to implement programs that students consider beneficial.

Rial said WRC's recognition as a non-political entity is vital to the center's success, adding that it will do everything possible to present both sides of any argument, equally.

She said WRC is open to both women and men for studying, research, networking, referral information or simply for a cup of coffee and conversation.

In coordination with the history, counseling and women's studies departments, WRC is working on expanding its extensive lending library.

Rial said many students use the center's library for research papers because it offer books and leaflets about issues ranging from spouse abuse to the ancient history of women.

More WRC events are being planned for the coming year, including: a workshop on financial aid opportunities for women in November, and speakers and activities during Women's History Month in March.

Off the wall

By Bob Atherton



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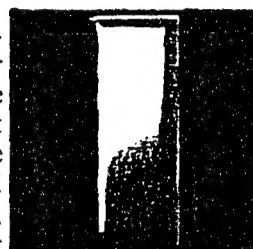
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